

Monday	Tuesday	Wednesday	Thursday	Friday
County Cable Montgomery, Channel 6 The March <i>Seniors Today</i> television show will include segments on Senior Leadership Montgomery with John J. Kenney, Chief, Aging and Disability Services and two graduates of the leadership program, Ginny Gilbert and Bob Finzel. Hal Wallach of the Commission on Aging will provide an update on Medicare and Rick Titus, DHCA, Office of Consumer Affairs discusses senior scams. Show times are: Sunday 3:30 pm, Monday 9:30 am, Tuesday 1:30 pm, Thursday 12:30 pm, Friday 7:30 pm, Saturday 11:30 am. Heartwell Tip of the Month Did you know that men and women over the age of 51 years and older should have a daily calcium intake of 1,200 mg. Some good sources of calcium include: * milk (skim), 8 oz. 302 mg. * calcium fortified orange juice, 1 cup 300mg. * broccoli (cooked), 1 cup 178 mg. * low-fat yogurt, 8 oz. 415 mg Here's to good bone health!			1 10-2 Client Assistance, Marielena Samayoa 10:30 Hats and Head Adornment, Donna McKee, Arts for the Aging 12:00 Long Branch Senior Center Advisory Committee Meeting 12:00 T'ai Chi, Glen Shue 12:00 Walking program 12:00 Knitting and Crocheting Class 1:00 Lunch: Turkey w/gravy	2 9:30 Cambodian Seniors T'ai Chi 10:00 RSVP 10:00 Spanish Class 10:30 <i>It Happened One Night</i> , Movie 11:00 Line Dancing 11:00 Cambodian Lunch Program 1:00 Bone Builders Exercise Class 1:00 Lunch: Tuna Salad
5 10:00 Current Issues Discussion Group 11:00 Games Club, John Goon, Long Branch Games Club 10:30 Ceramics Class 11:00 Games Galore 12:00 No Senior Fit Video Exercise Only 1:00 Lunch: : Breaded Scrod	6 * Nurse is in 9:00-3:00 Blood Pressure Screening 10- 3:30 Mini Trip 10:00- 2:00 Vietnamese Seniors 10-12 English Classes 10-1 Computer Classes 11:30 Client Assistance, Anita Joseph 12:00 Knitting/Crocheting 12:00 Walking program 12:30 Laughter Club 1:00 Lunch: Breaded Scrod	7 10:00 Vision Exercises 10:30 Poetry with Julia Burger, Arts for the Aging 12:00 No Senior Fit Video Exercise Only 1:00 No Bone Builders Exercise Class 1:00 Lunch: Chicken Country Captain	8 11:00 The Mediterranean Coast, Slide Show Travelogue, Cliff Sayre 12:00 T'ai Chi, Glen Shue 12:00 Walking program 12:00 Knitting and Crocheting Class 1:00 Lunch: Barbecued Beef on Bun	9 9:30 Cambodian Seniors T'ai Chi 10:00 RSVP 10:00 Spanish Class 11:00 Line Dancing 11:00 Cambodian Lunch 12:00 Concert Beverly Waidler and Lyle Asch 1:00 No Bone Builders Exercise Class 1:00 No Lunch Program Bring your own lunch or order Cambodian meal
12 10:00 Current Issues Discussion Group 10:30 Ceramics Class 11:00 Games Galore 12:00 Senior Fit Exercise 1:00 No Lunch Program Pizza party, Cost: \$2.00	13 * Nurse is in 9:00-3:00 10:00- 2:00 Vietnamese Seniors 10-12 English Classes 10-1 Computer Classes 11:00 Sleep, Adventist Health Care 12:00 Knitting/Crocheting 12:00 Walking program 12:30 Laughter Club 1:00 Lunch: Oriental Meal	14 10:00 Vision Exercises 10:00 Life Story Writer's Support Group 10:30 Santé Discussion Group, English, Astrid Humanez 10:30 Videos, en espanol, las vidas de Joan Baez y Roberto Clemente 12:00 Senior Fit Exercise 1:00 Bone Builders Exercise Class 1:00 Lunch: Roast Beef	15 11:00 Tax Free Tea Dance, JC Combo 12:00 T'ai Chi, Glen Shue 12:00 Walking program 12:00 Knitting/Crocheting 1:00 Lunch: Turkey Chef Salad	16 9:30 Cambodian Seniors T'ai Chi 10:00 RSVP 10:00 Spanish Class 11:00 Bingo 11:00 Line Dancing 11:00 Cambodian Lunch Program 1:00 Bone Builders Exercise Class 1:00 Lunch: Breaded Scrod
19 10:00 Current Issues Discussion Group 10:30 Ceramics Class 11:00 Weight Room Equipment Demonstration 12:00 Senior Fit Exercise 1:00 Lunch: Beef Tips w/Gravy	20 * Nurse is in 9:00-3:00 10:00- 2:00 Vietnamese Seniors 10-1 Computer Classes 10-12 English Classes 11:00 Music Program, Volunteer Recognition 12:00 Knitting/Crocheting 12:00 Walking program 12:30 Laughter Club 1:00 Lunch: Tuna Salad	21 10:00 Vision Exercises 10:30 Santé Discussion Group en español (in Spanish), Astrid Humanez 10:30 Music Bingo 12:00 Senior Fit Exercise 1:00 Bone Builders Exercise Class 1:00 Lunch: Turkey Divan	22 11:00 Emphasis on Emphysema, Dr. Marsha Seidelman, Holy Cross Hospital 12:00 T'ai Chi, Glen Shue 12:00 Walking program 12:00 Knitting/Crocheting 1:00 Lunch: Herb-Baked Chicken	23 9:30 Cambodian Seniors T'ai Chi 10:00 RSVP 10:00 Spanish Class 11:00 Line Dancing 11:00 Crafts 11:00 Cambodian Lunch 1:00 Bone Builders Exercise Class 1:00 Lunch: Lentils-Rice-Tomatoes Casserole
26 10:00 Current Issues Discussion Group 10:30 Ceramics Class 11:00 Bunco 12:00 Senior Fit Exercise 1:00 Lunch: Turkey á la King w/Rice	27 * Nurse is in 9:00-3:00 10:00- 2:00 Vietnamese Seniors 10-1 Computer Classes 10-12 English Classes 11:00 Hospice Volunteers, Karen Nicholson, Montgomery Hospice 12:00 Knitting/Crocheting 12:00 Walking program 12:30 Laughter Club 1:00 Lunch: Salisbury Steak w/Creole Sauce	28 10:00 Vision Exercises 11:00 Identity Theft and Telemarketing, Sue Rogan, Mo.Co. Consumer Protection 12:00 Senior Fit Exercise 1:00 Bone Builders Exercise Class 1:00 Lunch: Seasoned Chicken	29 11:00 Scenes from a Café, Heyday Players 12:00 T'ai Chi, Glen Shue 12:00 Walking program 12:00 Knitting/Crocheting 1:00 Lunch: Breaded Scrod	30 9:30 Cambodian Seniors T'ai Chi 10:00 RSVP 10:00 Spanish Class 11:00 Line Dancing 11:00 Crafts 11:00 Cambodian Lunch 1:00 Bone Builders Exercise Class 1:00 Lunch: Vegetarian Lasagna

LUNCH IS SERVED MONDAY THROUGH FRIDAY AT 1:00 PM Please make your reservations for bus and\or lunch at Long Branch at least two days in advance with Brenda Boykins, Nutrition Site Manager. Be sure to call the Center 301-431-5708 to cancel either bus and\or lunch reservations before 1:00 pm the day before. The full cost of the meal is \$4.05. For persons age 60 or older or for a spouse of any age, a voluntary contribution is requested. Guests under age 60 must pay full cost. Please contribute as much as you can. Remember that contributions are used to purchase meals.